


(List name, home address and phone number for each member)



Special Medical Conditions:

If we change plans we will notify:

Name: _____

Phone: _____






Call Police/Sheriff if not returned by:

Date: _____ Time: _____

Signature _____ Date _____

Be prepared

Before you leave on your trip:

-  Plan your trip and tell family or friends where you are going and when you will be back. *Stick to your plan.*
-  Choose clothing, footgear, and equipment suitable for the weather and terrain.
-  Carry the ten (10) essentials *in addition* to your other outdoor equipment.
-  Get a weather forecast before you leave. Postpone the trip if bad weather is predicted.
-  Carry this brochure with you.

STOP if you think you are lost.

- S *Stop and Stay Put.*** Stay calm. If you're in a group, stick together. Don't go any further without thinking things out.
- T *Think.*** Use your brain. It's your best survival tool. Study your map and surroundings. Don't make snap judgments. If you have any doubt about where you are, *stay put*. Move only if necessary to clear a hazardous area (avalanche, rock fall, deadfall, lightning, flash flood, etc.), then *Stop and Stay Put*.
- O *Observe.*** Are there any hazards nearby (avalanche, rock fall, deadfall, lightning, flash flood, etc.)? What is your personal condition and that of the members of your party? Does anyone need first aid? What does the weather look like? What do you have with you to help? Where is the best spot *within view* to make camp?
- P *Plan and Prepare.*** Rig a shelter near an open space, if possible. If it can be done *safely*, make a fire. Set out signals (streamer, marker, or panel). *Rest. You will survive. Wait for help. It's on the way!*

For more information, contact:

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Emergency Use of Cellular Phones in the Back Country



Who Will I Reach?

Your 911 call for assistance will be picked up by the nearest cellular tower in the most direct line of sight to your location. It may be sent to a county 911 center, a State Patrol dispatch, or even to the Canadian

authorities. These call answering centers are all located outside the boundaries of the area and have no way of knowing where you are calling from unless you tell them. Be prepared. Use 911 only in case of an actual emergency. Remember, help may be several hours away or longer.

Remember to:

- ☎ Leave with a fresh, fully charged battery.
- ☎ Carry extra, charged batteries with you.
- ☎ Keep batteries warm for extra-long use.
- ☎ Instruct everyone in your party on how to use your phone.
- ☎ Be prepared to give complete information about the nature of the emergency when placing a call for help. You may only be able to make one call.
- ☎ Establish a call schedule with the emergency center so there are specific times when you will have your phone turned on to receive calls or to make calls out.
- ☎ Turn the phone off when not in use.

Be sure you know:

- ☎ Your location, including the trailhead and nearest city, destination or waypoints.
- ☎ Your cell phone number, including area code.
- ☎ How your cellular phone works.
- ☎ How to increase your signal strength, to include: pointing your antenna up; finding a clearing; gaining elevation; and turning your body – you may be obstructing the signal.

Cell phones should *NEVER* replace preparedness.

Detach and Leave with a Friend



911 Call Information

Be prepared to provide the following information. Speak slowly and clearly. Review "Be Sure You Know" on the reverse side.

Name: _____

Cell Phone Number: _____

Location from where you are calling:

General: _____

Specific: _____

Nature of Emergency

Injury? Type of injury: _____

Severity: _____

Where is injured party? _____

Can injured party walk? _____

Lost? How many in your party? _____

Last known location you can remember: _____

Direction traveled from there: _____

Distance/time traveled from there: _____

What assistance do you need? _____

The 10 Essentials

Always carry on your person a whistle and an emergency shelter (large trash bag, tube tent, mylar space-rescue blanket or bag, etc.) whenever you are outdoors.

In addition, always pack the following 10 basic items on every backcountry trip—whether it's a day hike or a two-week backpacking trip in the mountains:

1. **Pocketknife**
2. **First Aid Kit**
3. **Extra Clothing**, including a hat. Based on the season, pack enough clothing to keep warm while sitting still.
4. **Rain Gear**
5. **Canteen or Water Bottle** (Full)
6. **Flashlight** with extra batteries and bulb
7. **Extra Food**
8. **Extra Matches and Fire Starters**
9. **Sun Protection**: sunglasses, sunscreen, hat, lip balm
10. **Map and Compass**. Know how to use them.

You also may want to carry a small piece of foam sleeping pad (12' x 18") for insulation from the cold ground, signaling devices like a mirror, a marker panel, and, in season, insect repellent and/or a head net.



*A cooperative project of the
State E911 and the State SAR Programs
Emergency Management Division
Washington Military Department
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Wilderness Trip Plan

Complete and leave with a friend before your departure.

Start: _____

Return: _____

Purpose of Trip: _____

The Trip:

General Location: _____

Specific Location: _____

Start Point: _____

Route In: _____

Destination: _____

Route Out: _____

Finish Point: _____

Transportation: Vehicle Information

Owner: _____

License # _____

Make/Model: _____

Year/Color: _____

Or, Dropped off by:

Name: _____ Phone: _____

To be picked up by:

Name: _____ Phone: _____

Location: _____

(Continued on other side)

Detach and Leave with a Friend